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Deliberately set

Arson cited as cause of Port fire
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Happy Days

LCHS musical celebrating the 1950s
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Crash course

Firefighters get hands-on training
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50th anniversary

Community Living marks milestone
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INPORT NEWS

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■ FIRE: Police seek public's help

\$300,000 Wainfleet fire ruled arson

MARYANNE FIRTH
 InPort News Staff

WAINFLEET — An early morning fire that destroyed a Wainfleet home Friday, April, has been deemed an arson.

Between Sunday, April 15 and Tuesday, April 17, unknown persons entered a home at 11632 Hwy. 3 and blocked numerous sinks and drains, Niagara Regional Police said in a news release.

The taps were left to run full force, causing significant water damage to the home.

On Friday, shortly before 2:30 a.m., unknown persons again attended the residence but this time set it ablaze, causing about \$300,000 in damage, police said.

see **WAINFLEET FIRE** | page 2

DAVE JOHNSON Staff Photo
 Wainfleet firefighters battled an early morning house fire off of Hwy. 3, just west of Burnaby Rd., on Friday.

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■ **FIRE:** Former Shell refuelling station sustained as much as \$50,000 damage

Port fire deliberately set

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Investigators from the Ontario Fire Marshal's office and Port Colborne Fire and Emergency Services have ruled an early morning fire in the city's south end Saturday as arson.

Port Colborne Fire Chief Tom Cartwright said the fire was in the office building of the former Shell refuelling station at 12 King St., just across from the city works yard.

"It was suspicious in nature, there were no utilities to the building," he said Saturday afternoon.

Cartwright said the damage estimate is between \$35,000

■ **WAINFLEET FIRE**

and \$50,000.

The call came in at 1:30 a.m. and 20 firefighters were on scene until about 3:30 a.m. extinguishing the fire and making sure there were no hot spots.

There were no injuries.

Cartwright said a company has been called in to board up the building, which was completely gutted by the fire.

Niagara Regional Police had been guarding the building overnight.

Anyone with information regarding fire is asked to contact Niagara Regional Police Det. Sgt. Jay Nesbitt or Det. Const. Mike Ryan at 905-735-7811.

dave.johnson@sunmedia.ca



DAVE JOHNSON Staff Photo

Investigators from the Ontario Fire Marshal's office and Port Colborne Fire and Emergency Services have ruled an early Sunday morning fire in the city's south end as arson.

Forensic sciences centre has evidence

FROM PAGE A1

Because of the fire's suspicious nature, the Ontario Fire Marshal's Office was called in to investigate.

"Following a fire scene examination, the fire has been determined to have been deliberately set and a number of items have been collected to be forwarded

to the Centre of Forensic Sciences to be analyzed," investigator Mike Owens of the Fire Marshal's Office said in the press release.

Anyone with information regarding the fire is asked to contact Niagara Regional Police Det. Sgt. Deborah Smart or Det. Const. Wayne Brown at 905-735-7811, ext. 3317 or 3343.

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portraits

■ **EMERGENCY SERVICES:** Training session focuses on auto extrication

Firefighters get crash course

MARYANNE FIRTH
InPort News Staff

WAINFLEET — It's a sight not uncommon for firefighters to come across.

Shattered glass.
Mangled metal.
A crushed entity once resembling a vehicle.

And among the wreckage, a person lies waiting for help.

Wainfleet's volunteer firefighters spent Saturday learning the ins and outs of auto extrication during a training session at Jackson's Autobody and Wreckers.

"We go to more car accidents than we do fires," said training officer Tim Bunz, who was on site to oversee the exercise that included about 25 participants.

He said medical emergencies and car crashes make up about 70% of the calls received by Wainfleet firefighters in the course of a year, making it crucial to keep up to speed with the latest field techniques.

Jackson's Autobody donated six vehicles for the day-long training session and offered the space for firefighters to perform their exercise. To simulate different scenarios firefighters might encounter, vehicles were positioned in various ways — some on their side, others upside down, but all with significant damage.

The types of vehicles used also varied, with cars, trucks and even a station wagon thrown into the mix. Bunz said this gives emergency responders an idea of how to approach different situations once they arrive and survey the scene.

"Everything is plan, plan, plan," he said, with different methods used to safely remove patients from vehicles under varying circumstances.

Before getting to the hands-on training, firefighters completed several hours of theory, reviewing information about airbags, road safety, and properly stabilizing crash vehicles before any extrication.

"It's very valuable training," said firefighter Jason Moss, who also wears the hat of president of the Wainfleet Firefighters' Association.

He said when someone's life is on the line, knowing how to both safely



and efficiently remove them from a vehicle can make all the difference.

In total, Wainfleet's volunteer firefighters spend three to four week-nights and one Saturday a month training and developing their skills in different aspects of the job.

"It's very easy to teach someone who wants to be here," Bunz said, crediting his crew of volunteers for their support and eagerness to learn.

Wainfleet's fire department consists mainly of volunteers, but they work just as hard to keep the community safe, he said.

They also work hard raising funds. Over the past six years, the associa-

MARYANNE FIRTH Staff Photos
In top photo, Wainfleet's volunteer firefighters perform an auto extrication exercise, led by trainer Pete Methner, pictured at left, at Jackson's Autobody and Wreckers on Saturday morning. In photo at right, firefighters watch as the dashboard is raised to allow a victim to be extricated.

tion has been able to purchase about \$100,000 in equipment, including Wainfleet's first set of the Jaws of Life, without any cost to the township.



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■ ourview

Firefighters deserve five-alarm gratitude

This is far from profound but it deserves being said here in print: our firefighters, both professional and paid, do more than respond to fires and put out the flames.

They are trained to multi-task and respond in a variety of ways to ensure public safety.

One summer is the auto extrication exercise for Wellfleet volunteer firefighters on the weekend just past.

About 25 volunteers took part in the day-long training at Jackson's Autobody and Wreckers.

It was as close to the real thing that participants could get, thanks to life because the props used were six vehicles donated by Jackson's Autobody.

They found themselves facing vehicles they could some day find on a busy local highway, a rural dirt road or a street in Wellfleet's downtown. They worked with vehicles positioned on their side or upside down, for example, but all with significant damage.

It's easy for civilians to be skeptical about exercises like this. It's easy to write them off with: "some kids never grow up" reactions. But when human lives are at stake these training courses and others can't be given short shrift by anyone.

Something else to bear in mind: our firefighters take their jobs seriously. They know that to have the best skill sets available they have to work at training and re-training. Most people probably are not aware that Wellfleet's volunteers spend three to four weekdays and one Saturday a month sharpening their skills and acquiring new ones. There's no two ways about it: it's a major investment of time.

Here's something else that may not be well known: firefighters attend more accident scenes than they do fire scenes. Surprised? Read on.

About 70 of the calls received by Wellfleet firefighters are medical emergencies and car crashes, said Tim Bunz, training officer.

We should be appreciative of the men (and women) who make the commitment to devote part or all their lives to care and concern for the public at large. Their work may be mundane one moment, then rise with danger the next.

Not to be overlooked is the sense of community that exercises like Saturday's foster. Hats off to the autobody and wrecking company for its donation of six vehicles. It may not seem like much, but every gesture, large or small, helps in one way or another.

This training was important for the Wellfleet firefighters to engage in. Everyone's hope is that it does not get put to rest because we do not want to see friends, family, neighbours, visitors to the community and others hurt in real life. But there's comfort to be had in the realization our first responders will be at the ready, if and when they are needed.

■ I'VE BEEN THINKING

Places to go, things to do, people to care for

REV. TOM ARTH
First Evangelical Lutheran Church

I've been thinking about history because our congregation is celebrating its 150th anniversary this year. In fact, two weeks ago today, April 13, was the anniversary of the date in 1862 when St. Paul's Lutheran Church was formed in Humberstone. A month later they bought the lot on Cranberry St., now Elm St., on which our present church stands.

Jump ahead 41 years to 1903. The two Lutheran churches in Humberstone, St. Paul's and St. Peter's, were both worshipping in German, but some of the Lutherans wanted their worship in English so they formed a third congregation, Holy Trinity Lutheran, that built itself a church building on King St.

Fast forward another 22 years and the people of St. Paul's are now worshipping in English as well as the congregations of St. Paul's and Holy Trinity entered into discussions about uniting. The amalgamation came into effect on April 26, 1925, with the new congregation taking the name "The First Evangelical Lutheran Church of Humberstone and Port Colborne and vicinity."

They used the church of St. Paul's on Elm St. as their place of worship and the church of Holy Trinity as a parish hall and Sunday school building.

Over the years other building projects took place. In 1952 a new parsonage was dedicated on the north side of the church. In 1955 the addition of a church hall and Sunday school building was dedicated at which time the former Holy

Trinity church building was sold. It still stands on King St. as a bright yellow variety store.

In 1985 the office wing was built and dedicated, and 2011 saw yet more construction as an elevator and wheelchair-accessible washroom were constructed.

As I looked through the church's archives to do some research on First Lutheran's history, the information about various additions and renovations and their dedication services was quite prominent. But years ago as a child in Sunday school I learned that the church is not a building. The church is people.

Now, I'm not going to list a lot of names of people here. Over the span of 150 years there were hundreds and hundreds of people baptized, confirmed, married, and buried by the 27 pastors who have served St. Paul's, Holy Trinity, and First Lutheran churches. During my nearly 10 years as pastor of this church I've presided at 37 baptisms, 23 confirmations, 20 weddings, and 98 funerals. That's just during my tenure so far.

The church is about more than bricks and mortar, boards and stucco that make up the building. It's about the people who have lived their faith among the community of baptized believers. It's about the service they've performed, the care they've given, not only to each other but to their community as well.

When we reach milestone celebrations for anniversaries, birthdays we often look back and remember. It's good to remember.

We learn from our history and our experiences but we shouldn't get stuck

in our past.

There's a verse in the Bible that says "since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us" (Hebrews 12:1). I think of that cloud of witnesses as our forefathers and foremothers in faith.

Some of them may be the faithful older members of our churches. Others are part of generations past, the ones who built our churches, built up our congregations, and who live now in glory. I heard someone describe the great cloud of witnesses as the fans in the bleachers cheering us on as we run with perseverance the race that is set before us.

When we celebrate milestones, such as a 150th anniversary, we ought to look back on our history with a little bit of pride and a whole lot of thankfulness. We're thankful for all God has done for us thus far.

We're thankful for those who have gone before us and have passed on to us the privilege of our ministry. But I think that "cloud of witnesses" would be disappointed if all we did was look back. They must be cheering us on, encouraging us as we continue to run the race. We've got places to go, things to do, people to care for, a message to share. We have a mission. It's God's mission.

A mission to love the world, to save the world, to bless the world. "Thus far the LORD has helped us" (1 Samuel 7:12). But we're only getting started. Thanks be to God.

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■ **BROAD APPEAL:** 'It's a great show for the whole family'

The '50s are back again in song and dance

LINDSAY COSTELLO
For InPort News

PORT COLBORNE — Happy Days are here to stay. Lakeshore Catholic High School keeps the spirit of the 1950s alive as students con-

tinue to prepare for the debut of its spring production.

Set to hit the stage next month, Happy Days The Musical uses song and dance to recreate events depicted in the popular 1970s television program of the same name.

All of the classic characters will come to life as the town bands together to save its local diner, Arnold's, after learning it is set to be demolished.

see **HAPPY DAYS** | page 32



LINDSAY COSTELLO InPort News Photo
Lakeshore Catholic High School students rehearse for their upcoming production of Happy Days The Musical, a two-act play based on the 1970s sitcom, which will debut on May 10.



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■ PORT COLBORNE CITY COUNCIL

Age-friendly
commitment
reaffirmedMARIYANNE FIRTH
InPort News Staff

PORT COLBORNE — Port Colborne is working toward becoming age friendly.

City council reaffirmed the city's commitment to the Niagara Age-Friendly Community Initiative on Monday night, following a presentation by the project's community co-ordinator Virginia Stewart.



Doucet

The project is "aimed at creating a caring community for all ages," Stewart told council during her time at the podium.

The vision of the initiative is to enable citizens to live in security, maintain their health and participate fully in society.

Community consultations have been taking place throughout Niagara, including in Port Colborne, to determine the needs of seniors within each individual community, Stewart said.

The next step, she said, is to determine actions that need to be taken to help satisfy those needs.

With the project moving forward, Stewart requested council reaffirm commitment to age-friendly principles and encourage city staff to engage in age-friendly information sessions.

The city's seniors advisory council has been already actively researching the initiative and is interested in further pursuing the project, said Ward 2 Coun. Yvon Doucet, who serves on the advisory council.

"We're definitely looking for something like that here in Port Colborne," he told Stewart.

maryanne.firth@sunmedia.ca

inPortbriefs
■ KICK TRYOUTS

PORT COLBORNE — Players interested in trying out for the Port Colborne Pirates can take part in the junior B hockey team's rookie skate taking place May 5-6 at Ridley College in St. Catharines.

Cost for the two-hour sessions which begin at 6 p.m. is \$90, which includes the main tryout in August. A second rookie skate is set for May 12.

Players need permission to skate forms from their local hockey organizations.

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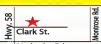


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Placing Old Age Security on a Sustainable Path

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On April 1, 2023 the Government of Canada plans to start raising the age of eligibility for OAS and the Guaranteed Income Supplement (GIS) from 65 to 67.*

What does this mean for you?

54 or older as of March 31, 2012

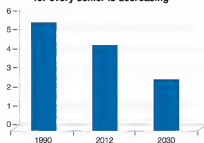
You may still obtain OAS/GIS at age 65

53 or younger as of March 31, 2012

The age of eligibility for OAS/GIS **will change gradually** between 2023 and 2029

Starting in July 2013, Canadians who are eligible for, but not yet receiving OAS will have the **flexibility to delay** receiving it in exchange for a higher monthly amount at a later date.

The number of working-age Canadians
for every senior is decreasing**



**Source: 9th Actuarial Report on the Old Age Security Program

*The number of working-age
Canadians per senior is
decreasing, placing additional
pressure on the OAS program.*

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*Subject to parliamentary approval



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Canada

Community Living Port Colborne-Wainfleet, represented by president George Henry, left, and executive director Vickie Moreland, centre, was honoured by Port Colborne city council on Monday night, represented by Mayor Vance Badawey, right, for 50 years of service in the community.

MARYANNE FIRTH Staff Photo



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Community Living celebrating 50 years

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — For the past 50 years, Community Living Port Colborne-Wainfleet has worked to create a sense of belonging for all members of the community — no matter their abilities.

The organization, which celebrates its 50th anniversary in 2012, was recognized by Port Colborne city council on Monday night for its long-standing service to the community.

It was in 1962 that a small group from the Lakeside City came together in hopes of providing support and services for children and adults with intellectual disabilities.

The organization has since grown to include hundreds of clients and dozens of programs and initiatives within the community.

"We're dedicated to helping people live quality lives," said Community Living president George Henry, who credits the hard work of staff and volunteers for the

success the organization has seen over the years.

To celebrate the milestone anniversary, Community Living plans to host a series of events throughout the year, including its annual general meeting and open house on Thursday, June 21.

"All are invited to come," Henry said, hopeful people will visit the McRae Ave. facility to learn more about Community Living and its history.

In spring of 2013, the organization plans to host a gala event to "kick off the next 50 years," he added.

In addition, May is Community Living Awareness Month and Henry encouraged residents to celebrate the occasion by including individuals with intellectual disabilities into their social activities.

Port Colborne Mayor Vance Badawey, who presented Henry with a plaque in recognition of Community Living's many years of service, credited the organization for "making sure Port Colborne truly is a community where everyone belongs."

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2012

Readers' Choice Awards

Best Place for Food or Drink

Best Entertainment

Best People

Best Shopping

Best Services





2012 Readers' Choice Awards

Best Place For Food and Drink



Best Chinese Restaurant
Lotus Garden



Best Fish & Chips
Union Jack Fish & Chips

Best Sub
Archie's Subs



Best Italian Restaurant
San Marco's Ristorante Inc.



Best Overall Restaurant
The Country Store
Kettle & Grill



Best Fast Food
Harvey's Restaurants



Best Family Restaurant
Sambo's Family Restaurant



Best Chicken Wings
The Reeb House Tavern

INPORT NEWS

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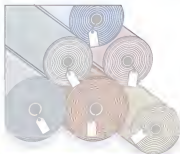
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■ **CAMP X:** Whitby area farm used as training ground during Second World War

Author shedding light on Ontario's spy-training history

MARYANNE FIRTH
InPort News Staff

PELHAM — It sounds like something right off the big screen — special agents, forged documents, hidden labs, government secrets.

But it couldn't have been more real, and it happened right in Ontario.

Camp X, nestled on the northwestern shore of Lake Ontario on the Whitby-Oshawa border, was a secret training facility for Allied spies of the Second World War.

Though details of the camp were kept under wraps for many years, Lynn Philip

Hodgson has made it his life's mission to uncover the history and share it with the public.

The acclaimed author was at Royal Canadian Legion Branch 613 in Pelham on Saturday, where he was the guest speaker at the annual joint meeting hosted by 434 Wing and 484 Wing of the Air Force Association of Canada.

Hodgson shared detailed history of how the camp came to be, the few insiders tasked with its creation and the efforts of many to ensure its existence remained unknown to the masses.

Hodgson has been

researching Camp X since 1976, trying to find answers to the many questions that arose once he learned of its existence.

During his more than 35 years of research, Hodgson experienced many road-bumps along the way.

He admittedly "got into all sorts of trouble" while trying to dig up the buried secrets of Ontario's hidden spy camp. But pieces by piece the story began to come together and the history began to reveal itself, he said.

Hodgson visits schools and performs other speaking engagements in hopes of

bringing to light the significant role the Ontario facility had on the Second World War.

"It's about recognizing the men and women of Camp X, what they did for our country," he told the packed house at the legion.

In total, Hodgson estimates about 500 agents were trained at the camp — though his numbers are not concrete as no records exist.

The sole purpose of Camp X, constructed in 1941, was to develop secret agents trained in all aspects of silent killing, sabotage, demolition, weaponry and Morse code. Among those trained on the site was

Ian Fleming, author of the James Bond series.

At the time of the camp's operation, "few people were aware of what was happening in Canada," including then-prime minister William Lyon Mackenzie King, Hodgson said.

As the camp was a top-secret military project, there was no room for politics in the mix, he added.

But the 110 hectares of farm land where the camp was stationed was certainly not the only Ontario site on the operation.

Hodson told the crowd about a secret lab, known as

Station M, where scientists worked their magic — hence the M — to give special agents any advantage they could.

When a photo of the lab's location appeared on the projector screen, there were gasps of recognition from the crowd.

Known today as Casa Loma, the popular tourist attraction was once home to what Hodgson called "the real James Bond lab that Agent Q had with all the gadgets."

Inside, scientists worked to create forged documents, passports, visas, incriminating letters and currency from various nations.

of the month MAY

Our Port Country Pantry's Quinoa & Wild Rice Salad

PREPARATIONS:

1. In a large saucepan, bring water to full rolling boil over high heat. Add wild rice, cook for 30 minutes. Then add quinoa & cook until the rice & quinoa until tender, about 15 minutes more. Drain & rinse with cold water until cool to the touch, then drain well.
2. Meanwhile, whisk oil, vinegar, salt & pepper in a large bowl. Add cherries, celery, cheese & pecans mix together. Then add the rice & quinoa, toss to combine.
Serve at room temperature or cold.

INGREDIENTS

- 1 1/2 cups Wild Rice
- 1 1/2 cups prewashed Quinoa
- 2 1/2 cups extra-virgin olive oil
- 1/2 cup raspberry vinegar
- 1/2 tsp Salt
- 1/2 cup fresh Ground Pepper
- 1 1/2 cups Dried Cherries
- 2 cups celery, sliced
- 1/2 cup blue cheese
- 1/2 cup chopped Pecans, "toasted"
- *Tip: No need to buy nuts already toasted. Simply dropped or dried nuts in a small dry skillet over medium-low heat. Stir constantly until fragrant & lightly browned about 2 to 4 minutes. (Oil) Spread whole nuts on a baking sheet & bake at 350 degrees for about 7 to 8 minutes until fragrant, stir once.

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■ **TOURISM:** No takers for tour of architecturally significant sites

South Niagara centres not taking part in Doors Open Niagara

ALLAN BENNER
InPort News Staff

WELLAND — The Rose City's heritage won't be on display during this year's Doors Open Niagara tour this summer.

Neither will Port Colborne, Wainfleet or Pelham.

"We put out the call to everyone," said Arlene

White, executive director of the Binational Niagara Alliance, adding all Niagara communities were invited to participate.

But despite the invitation, Welland museum director Nora Reid said no one stepped up to the plate to organize local participation in the 10th annual tour of historic and architecturally

significant sites on both sides of the Niagara River, taking place from June 15 to June 17.

"We know there are projects, responsibilities and challenges that other community partners may have," White said.

And participating in the tour "may not be a priority with other work that's going on and we understand and

respect that," she added.

White said this year's event will be smaller than in past years, with about 40 sites participating. Including a few "peace gardens" that are being included in recognition of the bicentennial of the War of 1812 as well as the tour's 10th anniversary.

"We have some special programming going on and

we're going to be working very closely with the sites to showcase the special exhibits and the work that's going on around the 1812 bicentennial," she said. "We don't have a 10th anniversary all the time."

She said the organization is also focusing on buildings dating back to the 1800s this year.

A few of the sites on this year's tour include the Battleground Hotel Museum in Niagara Falls, the Bicentennial Peace Garden in Grimsby, St. George Anglican Church in St. Catharines; and — on the American side of the border — the Erie Canal Discovery Centre in Lockport, and Saint Adalbert Basilica in Buffalo.



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JOE CSEH InPort News Photo
Mixed martial arts fighter Brendan Fang of Wainfleet is flanked by Niagara Muay Thai coach Roger Lumyoun, left, and Modern Vision Mixed Martial Arts co-owner and chief instructor Chris Bonfoco after earning an MMA title victory late last month. On the weekend Modern Vision pro fighter Andrew Cseh competing in the Wreck MMA event in Gatineau, Que.



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'The whole experience has been fantastic,' says lead character



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FROM PAGE 6

It's progressing well," said Rosalyn Aliberti, co-ordinating director, of the show that has been in the works since November and follows 2010's Foodfests. With the addition of costumes and the completion of sets designed by the construction technology and art students, the cast has been able to visualize the final product and see the big picture as they prepare for their curtain call.

A team of staff directors has led about 40 students who are working to polish the song and dance numbers that will make up the two-act play.

Even Leitch, who portrays the Fonzy, and Jake Charlebois, who plays Richie Cunningham, are Grade 11 students making their stage debut this year.

"This whole experience has been fantastic," said Leitch of his first time as a performer.

Although he is portraying a character from another era, Leitch said the characters are relatable and by watching episodes of the show and practicing his role, he was better able to capture the mood.

Charlebois said he enjoys transforming into a new character and interacting

with the other cast members to improve his performance.

"It's a lot easier to work off each other's creativity," he said, adding he enjoys the social aspect of the musical that led him and Leitch to become friends.

"It's really diverse," said Alex Storac, a Grade 12 student who portrays Joanie Cunningham.

She considers Happy Days to be very different than the other productions she has been a part of in the past but said it was something that would appeal to a variety of audiences.

Aliberti said the students put on a performance that will please regardless of the audience's familiarity with the classic sitcom.

"It's a great show for the whole family," she said.

Happy Days debuts May 10 at 7:30 p.m. and continues with additional evening performances on May 11 and 12 before closing with a matinee on May 13 at 3 p.m.

Tickets can be purchased through Nancy Bodis by calling Lakeshore Catholic's main office at 905-835-2451. Admission is \$10 for students and seniors and \$15 for the general public.



LINDSAY COSTELLO InPort News Photo
 Colleen Chastaleit and Jacob Charlebois, as Lori Beth and Richie, are two cast members hitting the stage in Lakeshore Catholic High School's upcoming production of Happy Days The Musical.

■ **FISHING:** Lake Erie Anglers Outreach host information night

Natural resources ministry projects good year for Lake Erie fishing

InPort News Staff

PORT COLBORNE — It looks like it's going to be a good year for area anglers.

A Ministry of Natural Resources expert told a public meeting there will be 2.4 million walleye in Lake Erie just waiting to be caught.

"We're right on the mark with this," Kurt Oldenburg, fisheries ecology supervisor with the ministry's Lake Erie Management Unit, told

about 25 anglers at the Lake Erie Anglers Outreach meeting in Port Colborne.

In 2011, 2.9 million fish were harvested, a 32%

increase over 2010's total of 2.2 million. Regarding the harvest of walleye, numbers were below average, Oldenburg said.

Oldenburg expects a 13.1% decrease in perch levels compared to last year. Oldenburg said 2011 wasn't the greatest year for perch in the lake.

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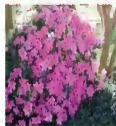
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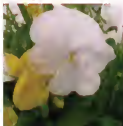


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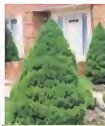
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■ PITCH-IN WEEK: Anti-litter campaign targets smokers

St. Catharines backs portable ashtrays to be used against butt blight

QMI Agency Niagara

The City of St. Catharines is launching its campaign against butt blight by giving away 1,000

portable ashtrays.

As part of Saturday's city-wide Pitch-In Day, members of the Clean City Committee are handing out the pocket-

sized, fire-proof envelopes in the hopes of raising awareness among smokers of the blight caused by cigarette butts.

Each "KippiPak" is big

enough to hold several butts and matches, and, once sealed, can be put in a pocket, purse or garbage can with no danger of fire, says its inventor.

Bruce Winnacott, of Toronto, who sold the packs to the Clean City Committee, said he invented the "re-useable personal extinguishing ashtray"

because he is so fed up with smokers who toss their cigarette butts on the ground.

"They are the most prolific of all littered items"

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■ **LABOUR:** National Day of Mourning ceremony taking place Saturday at H.H. Knoll Lakeview Park on Saturday

One Canadian dies at work each day

ALLAN BENNER
InPort News Staff

WELLAND — Bob McCallion calls it "absolutely mind-boggling" that people are still being injured or killed while at work.

There's a "basic message" that has never changed since the National Day of Mourning was established in 1984 by the

Canadian Labour Congress, says McCallion, who has been actively involved in the labour movement in Welland for most of his life.

That message, he adds, is that people should be able to go to work to earn a living and then safely return to their homes and families.

Niagara Regional Labour Council president Daniel Peat

says more than one person a day across Canada dies on the job.

"There were 436 deaths last year," he says, adding that same year more than 240,000 workers filed injury or disease claims with the Workplace Safety and Insurance Board.

As recently as February, McCallion recalls, a "monu-

mental tragedy" struck when 10 migrant workers from Peru and a truck driver died in a crash near Waterloo.

It's the type of tragedy Jim Pasel, the Niagara Regional Labour Council vice-president for south Niagara, never wants to see happen again.

"Accidents are still there. It's unfortunate. We're trying to eliminate that," he says.

McCallion is coming out of semi-retirement to lead a National Day of Mourning ceremony Saturday at 10 a.m. at Merritt Park in Welland. It's one of several events planned for injured workers memorials throughout Niagara.

Local Day of Mourning events begin at H.H. Knoll Lakeview Park in Port Colborne at 9 a.m., led by

John Perquin from the United Steelworkers' international office in Pittsburgh.

At 11 a.m., an event will be held in Port Robinson at the site of the 1999 explosion at the Esquire Canada plant that killed Welland resident Robyn Lafleur. And at noon, a new memorial to injured workers will be unveiled at Niagara Region headquarters.



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BELLY FAT TRANSFORMATION

As seen on Doctor Oz

A breakthrough in targeting belly fat science, **SafSlim™**, powered by patent pending **SafBerry™**, is a revolutionary solution in targeting the root causes of unhealthy abdominal belly fat.

Based on an Ohio State University study, high-fructose corn syrup (HFCS) is the main culprit in **SafSlim**, reduced belly fat study participants by 10 to 14% — all 100% more than the leading orange oil on a par in 12 weeks. Moreover, an important benefit to **SafBerry** is that it also increases insulin sensitivity and metabolism, and improves protein in reducing sugar and fat storage.

SafBerry is all-natural, non-GMO, vegetarian and free of stimulants, artificial colors, preservatives and colors. The patent pending **SafBerry™** detoxify system creates an antioxidant, detoxifying system that

SafSlim

2011 WINNER
INTERNATIONAL
SUPERIOR TASTE AWARD



As seen on Doctor Oz

When used as part of the **SafSlim** regimen, which also includes road diet and exercise, this is the easiest and most effective way to transform belly fat naturally.

Why is it the only belly fat to a comprised of mainly visceral, or abdominal fat? This fat is the most dangerous because the fat you can pinch. Experts agree that visceral fat is the least desirable fat for the body because of the way it packs itself around the vital organs. The fat of belly fat, for both men and women, can promote overall health.

HOW MUCH BELLY FAT IS TOO MUCH?

For men, a waistline of 40 inches or more is considered to be bad or less than your height. Example: If you are 5'5" or below, your waist should be 33 inches or less.

**2012
Reader's
Choice
Winner**



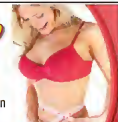
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RaspBerry Tones

- ✓ Proven Results
- ✓ Safe & Easy
- ✓ Lose Those Stubborn Pounds



Get All the Benefits of
RASPBERRY KETONES and AFRICAN MANGO Combined!
What The Media is Saying

THE
DR. OZ
SHOW

RASPBERRY KETONE
RaspBerry Ketone
"A revolutionary metabolism booster to bust fat!"
"RaspBerry ketone actually helps to slice the fat off inside the cell so it can come out faster...so it makes it more easy to be burned."

THE
DR. OZ
SHOW

AFRICAN MANGO
"New studies indicate that African Mango, sold by its official name *Irvingia gabonensis*, acts like a natural 'fat-burner'. It's highly effective at suppressing fat and cholesterol and taking them out of the body. This 150mg twice daily before meals."

Two Amazing Natural Ingredients

RASPBERRY KETONE

RaspBerry Ketone is a organic compound that produces the smell of raspberries. Recently, however, it has been found that raspBerry ketones can help with weight management. RaspBerry ketone can help the efficiency of the metabolism by increasing the body's core temperature and so on, by increasing the body's fat burning abilities.

AFRICAN MANGO

Studies have shown that taking African Mango supplements can help to reduce appetite, burn fat, increase energy, and help regulate the efficiency of the hormone leptin. All of these properties can have a significant impact on weight loss and weight management efforts.



"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store needs: a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I have recommended a new product called LeafSource, which we recently started carrying. We had had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wits end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain had almost completely disappeared and within a week it was completely gone - as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has been completely subdued." By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70-80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their

STOPS PAIN WITHIN DAYS!

joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of less energy and less pain by taking anywhere from 2 to 5 capsules daily. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy level, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."



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